Claims

What is claimed is:

1. A liner for crock pots having an interior cooking chamber with an inner chamber defined by at least one ceramic wall surface, the liner comprising an energy conductive material having an exterior surface and an interior surface, the liner being formed to be insertable into, and removable from, the crock pot's inner chamber so that the liner's exterior surface substantially registers with and is adjacent to the cookware's inner chamber while not interfering with the operation of the crock pot.

2. The liner of claim 1, the liner further having a top rim and an integrally formed flange coupled to the top rim, the flange adapated to allow steam to escape from the crock pot when in operation.

3. The liner of claim 2, the liner's top rim formed to lie in a plane substantially symmetrical to a top rim of the crock pot, the liner top rim having a thickness which cooperates with and prevents interference with the operation of the crock pot.

4. The liner of claim 2, the flange having at least one gap.

5. The liner of claim 2, the conductive liner being formed from aluminim foil.

6. A liner for slow cooking cookware having an interior cooking chamber with at least one wall surface, the liner comprising an energy conductive unitary main body having an interior surface and an exterior surface, the liner being formed so that the liner's exterior surface substantially registers with and is adjacent to the cookware's interior chamber walls, the conductive sheet formed to prevent

interfering with the operation of the cookware as the cookware operates.

7. The liner of claim 6, the liner having a depth of substantially the same or approximately less than an interior depth of the slow cooking cookware's interior cooking chamber.

8. The liner of claim 6, the liner having a substantially flat or slightly curved bottom surface which substantially registers with a bottom surface of the slow cooking cookware's interior cooking chamber.

9. The liner of claim 6, the liner further having at least one side wall defining the main body, the side wall formed to lie in a plane substantially conincident with a plane of the slow cookware's interior cooking chamber.

10. The liner of claim 7, the liner further having a top rim and an integrally formed flange coupled to the top rim, the flange adapated to allow steam to escape from the interior surface when the slow cookware is in operation.

11. The liner of claim 10, the liner's top rim formed to lie in a plane substantially symmetrical to a top rim of the slow cookware, the top rim having a thickness which cooperates with and prevents interference with the operation of the slow cookware.

12. The liner of claim 10, the flange having at least one gap.

13. The liner of claim 10, the flange being formed into a plurality of ribs.

14. The liner of claim 10, the flange being formed into a roll.

15. The liner of claim 6, the conductive liner being formed from aluminim foil.

16. The liner of claim 6, the conductive liner being formed from at least one of aluminum foil, copper foil, bronze foil, tin foil, titanium foil and brass foil

17. The liner of claim 6, at least some portions of the conductive sheet imprinted with a predefined message.

18. The liner of claim 6, the slow cooking cookware being an oval-shaped crock pot, the liner being adapted for placement within the oval-shaped crock pot so that its exterior walls register with the interior chamber of the crock pot.

19. The liner of claim 6, the slow cooking cookware being an circular-shaped crock pot, the liner being adapted for placement within the circular-shaped crock pot so that its exterior walls register with the interior chamber of the crock pot.

20. A crock pot liner, the liner comprising an energy conductive material having an exterior surface and an interior surface, the liner being formed to be insertable into, and removable from, an inner cooking chamber of the crock pot so that the liner's exterior surface substantially registers with and is adjacent to the crock pot's inner cooking chamber while not interfering with the operation of the crock pot, the liner having a depth of substantially the same or approximately less than an interior depth of the crock pot's interior cooking chamber, and further having a substantially flat or slightly curved bottom surface which substantially registers with a bottom surface of the crock pot's interior cooking chamber.